Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

Survey Part 1

1. What is your age? ______ years

2. What is your current employment status?
   0 Employed
   1 Self-employed
   2 Retired
   3 Unemployed
   4 Homemaker
   5 Student
   6 Disability

3. What is the highest level of education you have completed?
   0 Elementary school
   1 High school
   2 College/university
   3 Post-graduate study

4. On average, how many times a year do you visit your gastroenterologist?
   0 Less than once a year
   1 1-3 times a year
   2 4-6 times a year
   3 More than 6 times a year

5. How many children do you have?
   0_____
   If greater than Zero please answer 5a-5e, otherwise go to Question 6:

   5a) Have you had active disease during any of your pregnancies?
      0 No
      1 Yes

   3b) If yes, please classify the severity of your active disease that was predominant during your pregnancy(ies)?
      0 Mild Disease
      1 Moderate Colitis
      2 Severe Disease

   5b) I have routinely smoked cigarettes while pregnant
      0 No
      1 Yes

   5c) I have routinely drank alcohol while pregnant.
      0 No
      1 Yes

REVERSE SIDE ➔
5d) I initiated a conversation with my doctor about IBD medications and their potential adverse effects on pregnancy
   0 No
   1 Yes

5e) I initiated a conversation with my pharmacist about my IBD medications and their potential adverse effect on pregnancy
   0 No
   1 Yes

6. How long have you been diagnosed with IBD? _______ years _______ months

7. I have been diagnosed with:
   0 Crohn’s Disease
   1 Ulcerative Colitis
   2 Crohn’s and Ulcerative Colitis

8. Please complete the following:

<table>
<thead>
<tr>
<th>Medication</th>
<th>I am currently taking the following medications for treatment of my IBD</th>
<th>I have taken the following medications to treat my IBD, however I AM NOT currently taking them for treatment of my IBD</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-ASA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oral Steroids (Prednisone)</td>
<td></td>
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<tr>
<td>Methotrexate</td>
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<tr>
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<tr>
<td>Other</td>
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<tr>
<td>Probiotics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No medications</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have never heard of these medications</td>
<td></td>
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</tr>
</tbody>
</table>
**Pregnancy and Adherence to pRescriptIOn Medications in Inflammatory Bowel Disease (PARTuM-IBD)**

9. I am planning on getting pregnant in:
   0 Less than one month
   1 Less than six months
   2 Less than one year
   3 Next 1-2 Years
   4 I am currently pregnant
   5 Not planning on getting pregnant
   6 I cannot currently get pregnant

10. How many times have you been pregnant? ____

If greater than Zero please answer 10a and 10b, otherwise go to **Question 11:**

10a) Please complete the following

<table>
<thead>
<tr>
<th>Medication</th>
<th>While attempting to get pregnant, I have stopped the following medication(s) WITHOUT the advice of a physician out of fear they have a harmful effect on my fertility</th>
<th>While attempting to get pregnant, I have stopped the following medication(s) WITH the advice of a physician out of fear they may have a harmful effect on my fertility</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-ASA</td>
<td></td>
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<td>I have never heard of these medications</td>
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</tbody>
</table>

REVERSE SIDE ➔
Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

10b) Please complete the following

<table>
<thead>
<tr>
<th>Medication</th>
<th>While pregnant I have stopped the following medication(s) WITHOUT the advice of a physician out of fear they may have a harmful effect on my child</th>
<th>While pregnant I have stopped the following medication(s) WITH the advice of a physician out of fear they may have a harmful effect on my child</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-ASA</td>
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<td></td>
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</table>
THE FOLLOWING QUESTIONS WILL ASK ABOUT PERSONAL BELIEFS

11. My IBD medication(s) could result in adverse effects to child development if I were pregnant

If true, please complete 11a and 11b:

0 True
1 False

11a) If true, what effects do you think they may have?
0 Congenital defects
1 Spontaneous abortion
2 Low birth weight
3 Prematurity
4 Other ________________________________

11b)

<table>
<thead>
<tr>
<th>Medication(s)</th>
<th>Which medication(s) do you think would cause harmful effects?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Steroids (Prednisone)</td>
<td></td>
</tr>
<tr>
<td>Methotrexate</td>
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<tr>
<td>Azathioprine (Imuran)</td>
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</table>
Pregnancy and Adherence to pRescTion Medications in Inflammatory Bowel Disease (PARTuM-IBD)

12. My doctor, at some point, has initiated a conversation with me about IBD medications and their potential adverse effects on pregnancy

0 No
1 Yes

14a) If yes, which of the following best represent this conversation:

0 Helped alleviate all my concerns
1 Did not feel that my gastroenterologist was fully aware of the facts surrounding the potential adverse effects of IBD medications
2 Most of my concerns were alleviated
3 Referred me to discuss my concerns with another doctor or pharmacist
4 Other __________________________
   __________________________
Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

13. Please complete the following chart

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woman with IBD are at increased risk of having an adverse pregnancy related outcome compared to the general population</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I trust my gastroenterologists would only prescribe medications to a pregnant female medications that would not cause adverse effects to her pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I trust that an obstetrician would only prescribe medications to a pregnant female medications that would not cause adverse effects to her pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The potential adverse effects of IBD medications on a pregnancy is a higher risk than having an IBD flare while pregnant</td>
<td></td>
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</tr>
<tr>
<td>I routinely use the internet as a source of information for the safety of IBD medications</td>
<td></td>
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</tr>
<tr>
<td>I routinely use family and friends as a source of information for the safety of IBD medications</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Having active IBD (presence of symptoms) during pregnancy can cause harm to my fetus.</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>If I were pregnant, I would rather not take my medications advised by my doctor and suffer from IBD symptoms than risk any possibility of harm to my fetus by taking those medications.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Thank You For Your Participation!
Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

Introduction: Current Health State Time Trade Off

Interviewer: We ask the respondent to choose between their current health for a given number of months or perfect health for a given number of months. We are interested in identifying the point at which the respondent changes their original response, e.g., changes from “current health” to “perfect health.” The visual aid TIME TRADE OFF has been designed to assist you with this series. Set this visual aid to the 5-year mark for each tab before proceeding with the following script.

Now, I am going to ask a series of questions that will help us understand how you think your current health compares to what it would be like if you had perfect health. These questions ask you to imagine having a choice between having your current health for a certain number of months, or having perfect health for a certain number of months. We will start with a simple question.

If you had a choice, which would you prefer? Your current health for 5 months or perfect health for 5 months.

101 Set visual aid to: 5 for current health (CH) and 5 for perfect health (PH)
   a) Your current health for 5 months or  
      go to question 101(d)
   b) Perfect health for 5 months  
      go to question 102
   c) No preferences; seems same for me  
      go to next section
   d) If 101(a), Why did you choose current health?
      ______________________________________________________
      ______________________________________________________
      ______________________________________________________

102 Set visual aid to 6 for (CH) and 5 for (PH)
   a) Your current health for 6 months or  
      go to question 103
   b) Perfect health for 5 months  
      go to question 104
   c) No preference; seems about the same to me  
      go to next section

103 Set visual aid to 5.5 for (CH) and 5 for (PH)
   a) Your current health for 5.5 months or  
      go to next section
   b) Perfect health for 5 months  
      go to next section
   c) No preference; seems about the same to me  
      go to next section

104 Set visual aid to 7 for (CH) and 5 for (PH)
   a) Your current health for 7 months or  
      go to question 105
   b) Perfect health for 5 months  
      go to question 106
   c) No preference; seems about the same to me  
      go to next section

105 Set visual aid to 6.5 for (CH) and 5 for (PH)
   a) Your current health for 6.5 months or  
      go to next section
   b) Perfect health for 5 months  
      go to next section
   c) No preference; seems about the same to me  
      go to next section

REVERSE SIDE ➔
Pregnancy and Adherence to pRescriptTion Medications in Inflammatory Bowel Disease (PARTuM-IBD)

106 Set visual aid to 8 for (CH) and 5 for (PH)
   a) Your current health for 8 months or  \(\rightarrow\) go to question 107
   b) Perfect health for 5 months  \(\rightarrow\) go to question 108
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

107 Set visual aid to 7.5 for (CH) and 5 for (PH)
   a) Your current health for 7.5 months or  \(\rightarrow\) go to next section
   b) Perfect health for 5 months  \(\rightarrow\) go to next section
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

108 Set visual aid to 10 for (CH) and 5 for (PH)
   a) Your current health for 10 months or  \(\rightarrow\) go to question 109
   b) Perfect health for 5 months  \(\rightarrow\) go to question 110
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

109 Set visual aid to 9 for (CH) and 5 for (PH)
   a) Your current health for 9 months or  \(\rightarrow\) go to next section
   b) Perfect health for 5 months  \(\rightarrow\) go to next section
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

110 Set visual aid to 12 for (CH) and 5 for (PH)
   a) Your current health for 12 months or  \(\rightarrow\) go to question 111
   b) Perfect health for 5 months  \(\rightarrow\) go to question 112
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

111 Set visual aid to 11 for (CH) and 5 for (PH)
   a) Your current health for 11 months or  \(\rightarrow\) go to next section
   b) Perfect health for 5 months  \(\rightarrow\) go to next section
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

112 Set visual aid to 15 for (CH) and 5 for (PH)
   a) Your current health for 15 months or  \(\rightarrow\) go to question 113
   b) Perfect health for 5 months  \(\rightarrow\) go to question 114
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

113 Set visual aid to 13 for (CH) and 5 for (PH)
   a) Your current health for 13 months or  \(\rightarrow\) go to next section
   b) Perfect health for 5 months  \(\rightarrow\) go to next section
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

114 Set visual aid to 20 for (CH) and 5 for (PH)
   a) Your current health for 20 months or  \(\rightarrow\) go to question 115
   b) Perfect health for 5 months  \(\rightarrow\) go to question 116
   c) No preference; seems about the same to me  \(\rightarrow\) go to next section

115 Set visual aid to 17 for (CH) and 5 for (PH)
Pregnancy and Adherence to pRescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

a) Your current health for 17 months or  
   \rightarrow go to next section
b) Perfect health for 5 months  
   \rightarrow go to next section
c) No preference; seems about the same to me  
   \rightarrow go to next section

116 Set visual aid to 20 for (CH) and 3 for (PH)
   a) Your current health for 20 months or  
      \rightarrow go to question 117
   b) Perfect health for 3 months  
      \rightarrow go to question 118
c) No preference; seems about the same to me  
      \rightarrow go to next section

117 Set visual aid to 20 for (CH) and 4 for (PH)
   a) Your current health for 20 months or  
      \rightarrow go to next section
   b) Perfect health for 4 months  
      \rightarrow go to next section
c) No preference; seems about the same to me  
      \rightarrow go to next section

118 Set visual aid to 20 for (CH) and 1 for (PH)
   a) Your current health for 20 months or  
      \rightarrow go to question 119
   b) Perfect health for 1 months  
      \rightarrow go to question 120
c) No preference; seems about the same to me  
      \rightarrow go to next section

119 Set visual aid to 20 for (CH) and 2 for (PH)
   a) Your current health for 20 months or  
      \rightarrow go to next section
   b) Perfect health for 2 months  
      \rightarrow go to next section
c) No preference; seems about the same to me  
      \rightarrow go to next section

120 Set visual aid to 20 for (CH) and insert death card in place of (PH)
   a) Your current health for 20 months or  
      \rightarrow go to next section
   b) Immediate death  
      \rightarrow go to next section
c) No preference; seems about the same to me  
      \rightarrow go to next section
Pregnancy and Adherence to pRescripTion Medications in Inflammatory Bowel Disease (PARTuM-IBD)

Hypothetical Scenario 1: Continuing Medications

*Imagine the following situation*

- You take one medication for your inflammatory bowel disease symptoms that control your symptoms called 5-ASA.

- You currently take this medication three times a day

- You have recently discovered that you are pregnant

- During a counseling session with your gastroenterologist about being pregnant with IBD, he/she warns you about an ingredient called ‘phthalates’ that is often added to 5-ASA to help maintain IBD remission. They explain that this ingredient has been shown, in animal studies, to be associated with birth defects.

  - Specifically, studies have demonstrated that female rats exposed to quantities of phthalates at levels significantly higher than usual humans exposure levels are at an increased risk of having offspring with birth defects. In addition, studies have shown that a high concentration of phthalates in the urine of pregnant rats is correlated with an increased rate of abnormal in utero development.

  - Human studies have also shown associations between exposure to phthalates and other negative developmental outcomes such as stunted neurological growth and anatomical abnormalities of the reproductive system. No human data exists that shows women that take medication with phthalates are at an increased risk of having children with birth defects.

  - Levels of phthalates in the urine of pregnant woman have shown a positive association with preterm pregnancy. In other words, women with higher levels of phthalates in the urine have increased odds of having a preterm birth.

  - In general, 5-ASA drugs have been shown to be safe and well tolerated during pregnancy

  - One can expect to have a normal pregnancy with inactive IBD.
Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

Now I am going to ask you to imagine continuing your medications, for a certain number of months, or having perfect health for a certain number of months.

If you had a choice, would you prefer to continue your medication for 5 months or perfect health for 5 months?

201 Set visual aid to: 5 for continuing your medication for 5 months (CONTINUE) and 5 for perfect health (PH)
   a) Continuing your medications for 5 months or a) Perfect health for 5 months → go to next section
   b) No preferences; seems same for me → go to question 202

202 Set visual aid to 6 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 6 months or → go to question 203
   b) Perfect health for 5 months → go to question 204
   c) No preference; seems about the same to me → go to next section

203 Set visual aid to 5.5 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 5.5 months or → go to next section
   b) Perfect health for 5 months → go to next section
   c) No preference; seems about the same to me → go to next section

204 Set visual aid to 7 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 7 months or → go to question 205
   b) Perfect health for 5 months → go to question 206
   c) No preference; seems about the same to me → go to next section

205 Set visual aid to 6.5 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 6.5 months or → go to next section
   b) Perfect health for 5 months → go to next section
   c) No preference; seems about the same to me → go to next section

206 Set visual aid to 8 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications flare for 8 months or → go to question 207
   b) Perfect health for 5 months → go to question 208
   c) No preference; seems about the same to me → go to next section

207 Set visual aid to 7.5 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 7.5 months or → go to next section
   b) Perfect health for 5 months → go to next section
   c) No preference; seems about the same to me → go to next section

208 Set visual aid to 10 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 10 months or → go to question 209
   b) Perfect health for 5 months → go to question 210
   c) No preference; seems about the same to me → go to next section

REVERSE SIDE →
Pregnancy and Adherence to pRescripTion Medications in Inflammatory Bowel Disease (PARTuM-IBD)

209 Set visual aid to 9 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 9 months or   → go to next section
   b) Perfect health for 5 months   → go to next section
   c) No preference; seems about the same to me   → go to next section

210 Set visual aid to 12 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 12 months or   → go to question 211
   b) Perfect health for 5 months   → go to question 212
   c) No preference; seems about the same to me   → go to next section

211 Set visual aid to 11 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 11 months or   → go to next section
   b) Perfect health for 5 months   → go to next section
   c) No preference; seems about the same to me   → go to next section

212 Set visual aid to 15 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 15 months or   → go to question 213
   b) Perfect health for 5 months   → go to question 214
   c) No preference; seems about the same to me   → go to next section

213 Set visual aid to 13 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 13 months or   → go to next section
   b) Perfect health for 5 months   → go to next section
   c) No preference; seems about the same to me   → go to next section

214 Set visual aid to 20 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 20 months or   → go to question 215
   b) Perfect health for 5 months   → go to question 216
   c) No preference; seems about the same to me   → go to next section

215 Set visual aid to 17 for (CONTINUE) and 5 for (PH)
   a) Continuing your medications for 17 months or   → go to next section
   b) Perfect health for 5 months   → go to next section
   c) No preference; seems about the same to me   → go to next section

216 Set visual aid to 20 for (CONTINUE) and 3 for (PH)
   a) Continuing your medications for 20 months or   → go to question 217
   b) Perfect health for 3 months   → go to question 218
   c) No preference; seems about the same to me   → go to next section

217 Set visual aid to 20 for (CONTINUE) and 4 for (PH)
Pregnancy and Adherence to pRescriptIon Medications in Inflammatory Bowel Disease (PARTuM-IBD)

a) Continuing your medications for 20 months or → go to next section
b) Perfect health for 4 months → go to next section
c) No preference; seems about the same to me → go to next section

218 Set visual aid to 20 for (CONTINUE) and 1 for (PH)

a) Continuing your medications for 20 months or → go to question 219
b) Perfect health for 4 months → go to question 220
c) No preference; seems about the same to me → go to next section

219 Set visual aid to 20 for (CONTINUE) and 2 for (PH)

a) Continuing your medications for 20 months or → go to next section
b) Perfect health for 2 months → go to next section
c) No preference; seems about the same to me → go to next section

220 Set visual aid to 20 for (CONTINUE) and insert death card in place of (PH)

a) Continuing your medications for 20 months or → go to next section
b) Immediate death → go to next section
c) No preference; seems about the same to me → go to next section
Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

Hypothetical Scenario 2: Stopping your medication

*Imagine you are pregnant just as in the previous hypothetical scenario, but now you are being given the option to stop your medication.*

- No health agencies offer direct recommendations for or against taking medications with phthalates.

- The FDA classification of drugs for pregnant women has classified drugs that contain phthalates as Class C. This means animal reproduction studies have shown an adverse effect on the fetus and there are no adequate and well-controlled studies in humans, but potential benefits may warrant use of the drug in pregnant women despite potential risks.

- The FDA has limited their advice to recommendations since clinical and nonclinical research has only demonstrated an association between exposure to these phthalates and developmental problems, and there remains no evidence that medications with phthalates cause physiologic abnormalities. These studies have been strictly correlational in nature, and thus a cause-effect relationship cannot be proven.

- Stopping your medications may result in active inflammatory bowel disease which include abdominal pain, diarrhea, infections and potentially complications requiring surgery.

- IBD flares have been associated with complications in pregnancy, specifically small or premature babies.

- Active disease in the first trimester is associated with pregnancy related comorbidities, including low birth weight.

- If your disease becomes active during pregnancy, you may be asked to consider taking steroids. Steroids have been associated with an increase in stillbirths.
Pregnancy and Adherence to pRescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

Now I am going to ask you to imagine having a choice between stopping your medications, for a certain number of months, or having perfect health for a certain number of months.

If you had a choice, would you prefer stopping your medication for 5 months or perfect health for 5 months?

301 Set visual aid to: 5 for stopping your medication (STOP) and 5 for perfect health (PH)
   a) Life without medications for 5 months or
   c) Perfect health for 5 months
   d) No preferences; seems same for me
   → go to next section
   → go to question 302
   → go to next section

302 Set visual aid to 6 for (STOP) and 5 for (PH)
   a) Life without medications for 6 months or
   b) Perfect health for 5 months
   c) No preference; seems about the same to me
   → go to question 303
   → go to question 304
   → go to next section

303 Set visual aid to 5.5 for (STOP) and 5 for (PH)
   a) Life without medications for 5.5 months or
   b) Perfect health for 5 months
   c) No preference; seems about the same to me
   → go to next section
   → go to next section

304 Set visual aid to 7 for (STOP) and 5 for (PH)
   a) Life without medications for 7 months or
   b) Perfect health for 5 months
   c) No preference; seems about the same to me
   → go to question 305
   → go to question 306
   → go to next section

305 Set visual aid to 6.5 for (STOP) and 5 for (PH)
   a) Life without medications for 6.5 months or
   b) Perfect health for 5 months
   c) No preference; seems about the same to me
   → go to next section
   → go to next section

306 Set visual aid to 8 for (STOP) and 5 for (PH)
   a) Life without medications flare for 8 months or
   b) Perfect health for 5 months
   c) No preference; seems about the same to me
   → go to question 307
   → go to question 308
   → go to next section

307 Set visual aid to 7.5 for (STOP) and 5 for (PH)
   a) Life without medications for 7.5 months or
   b) Perfect health for 5 months
   c) No preference; seems about the same to me
   → go to next section
   → go to next section

308 Set visual aid to 10 for (STOP) and 5 for (PH)
   a) Life without medications for 10 months or
   b) Perfect health for 5 months
   c) No preference; seems about the same to me
   → go to question 309
   → go to question 310
   → go to next section

REVERSE SIDE →
Pregnancy and Adherence to pRescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

309 Set visual aid to 9 for (STOP) and 5 for (PH)
   a) Life without medications for 9 months or → go to next section
   b) Perfect health for 5 months → go to next section
c) No preference; seems about the same to me → go to next section

310 Set visual aid to 12 for (STOP) and 5 for (PH)
   a) Life without medications for 12 months or → go to question 311
   b) Perfect health for 5 months → go to question 312
c) No preference; seems about the same to me → go to next section

311 Set visual aid to 11 for (STOP) and 5 for (PH)
   a) Life without medications for 11 months or → go to next section
   b) Perfect health for 5 months → go to next section
c) No preference; seems about the same to me → go to next section

312 Set visual aid to 15 for (STOP) and 5 for (PH)
   a) Life without medications for 15 months or → go to question 313
   b) Perfect health for 5 months → go to question 314
c) No preference; seems about the same to me → go to next section

313 Set visual aid to 13 for (STOP) and 5 for (PH)
   a) Life without medications for 13 months or → go to next section
   b) Perfect health for 5 months → go to next section
c) No preference; seems about the same to me → go to next section

314 Set visual aid to 20 for (STOP) and 5 for (PH)
   a) Life without medications for 20 months or → go to question 315
   b) Perfect health for 5 months → go to question 316
c) No preference; seems about the same to me → go to next section

315 Set visual aid to 17 for (STOP) and 5 for (PH)
   a) Life without medications for 17 months or → go to next section
   b) Perfect health for 5 months → go to next section
c) No preference; seems about the same to me → go to next section

316 Set visual aid to 20 for (STOP) and 3 for (PH)
   a) Life without medications for 20 months or → go to question 317
   b) Perfect health for 3 months → go to question 318
c) No preference; seems about the same to me → go to next section

317 Set visual aid to 20 for (STOP) and 4 for (PH)
   a) Life without medications for 20 months or → go to next section
   b) Perfect health for 4 months → go to next section
c) No preference; seems about the same to me → go to next section
Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

318 Set visual aid to 20 for (STOP) and 1 for (PH)
   a) Life without medications for 20 months or → go to question 319
   b) Perfect health for 1 month → go to question 320
   c) No preference; seems about the same to me → go to next section

319 Set visual aid to 20 for (STOP) and 2 for (PH)
   a) Life without medications for 20 months or → go to next section
   b) Perfect health for 2 months → go to next section
   c) No preference; seems about the same to me → go to next section

320 Set visual aid to 20 for (STOP) and insert death card in place of (PH)
   a) Life without medications for 20 months or → go to next section
   b) Immediate death → go to next section
   c) No preference; seems about the same to me → go to next section
Hypothetical Scenario 3: Switching your medication

*Imagine you are pregnant just as in the previous hypothetical scenario, but now you are being given the option to switch your medication.*

- Switching your medications may result in inactive inflammatory bowel disease becoming active, which includes abdominal pain, diarrhea, infections and potentially complications requiring surgery.

- IBD flares have been associated with complications in pregnancy, specifically small or premature babies.

- However, the risks of not taking 5-ASA while in remission far outweigh the benefits of avoiding phthalates. Without your 5-ASA you are at risk for active disease.

- Certain 5-ASA formulations have been developed that do not contain phthalates. For example, Mezavant is a 5-ASA drug that uses an Multi Matrix system delayed release mechanism has been shown to be equally efficacious at achieving IBD remission and does not contain phthalates in its coating.

- Salofalk is another alternative 5-ASA formulation available in Canada and utilizes pH-dependent release. Its Eudagrit-L coating, contains the DEP rather than DBP, both types of phthalates. Unlike the latter, DEP has not been shown to be harmful in animal studies.
Pregnancy and Adherence to Prescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

Now I am going to ask you to imagine having a choice between switching your medications, for a certain number of months, or having perfect health for a certain number of months.

If you had a choice, would you prefer switching your medication for 5 months or perfect health for 5 months?

401 Set visual aid to: 5 for switching medications for 5 months (SWITCH) and 5 for perfect health (PH)
   a) Switching to another medication for 5 months or ➔ go to next section
   b) Perfect health for 5 months ➔ go to question 402
   c) No preferences; seems same for me ➔ go to next section

402 Set visual aid to 6 for (SWITCH) and 5 for (PH) ➔ go to question 403
   a) Switching to another medication for 6 months or ➔ go to question 404
   b) Perfect health for 5 months ➔ go to next section
   c) No preference; seems about the same to me ➔ go to next section

403 Set visual aid to 5.5 for (SWITCH) and 5 for (PH) ➔ go to next section
   a) Switching to another medication for 5.5 months or ➔ go to next section
   b) Perfect health for 5 months ➔ go to question 406
   c) No preference; seems about the same to me ➔ go to next section

404 Set visual aid to 7 for (SWITCH) and 5 for (PH) ➔ go to question 405
   a) Switching to another medication for 7 months or ➔ go to question 406
   b) Perfect health for 5 months ➔ go to next section
   c) No preference; seems about the same to me ➔ go to next section

405 Set visual aid to 6.5 for (SWITCH) and 5 for (PH) ➔ go to next section
   a) Switching to another medication for 6.5 months or ➔ go to next section
   b) Perfect health for 5 months ➔ go to question 408
   c) No preference; seems about the same to me ➔ go to next section

406 Set visual aid to 8 for (SWITCH) and 5 for (PH) ➔ go to question 407
   a) Switching to another medication flare for 8 months or ➔ go to question 408
   b) Perfect health for 5 months ➔ go to next section
   c) No preference; seems about the same to me ➔ go to next section

407 Set visual aid to 7.5 for (SWITCH) and 5 for (PH) ➔ go to next section
   a) Switching to another medication for 7.5 months or ➔ go to next section
   b) Perfect health for 5 months ➔ go to next section
   c) No preference; seems about the same to me ➔ go to next section

REVERSE SIDE ➔
Pregnancy and Adherence to pRescriptTion Medications in Inflammatory Bowel Disease (PARTuM-IBD)

408 Set visual aid to 10 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 10 months or  → go to question 409
   b) Perfect health for 5 months                   → go to question 410
   c) No preference; seems about the same to me     → go to next section

409 Set visual aid to 9 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 9 months or  → go to next section
   b) Perfect health for 5 months                   → go to next section
   c) No preference; seems about the same to me     → go to next section

410 Set visual aid to 12 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 12 months or  → go to question 411
   b) Perfect health for 5 months                   → go to question 412
   c) No preference; seems about the same to me     → go to next section

411 Set visual aid to 11 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 11 months or  → go to next section
   b) Perfect health for 5 months                   → go to next section
   c) No preference; seems about the same to me     → go to next section

412 Set visual aid to 15 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 15 months or  → go to question 413
   b) Perfect health for 5 months                   → go to question 414
   c) No preference; seems about the same to me     → go to next section

413 Set visual aid to 13 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 13 months or  → go to next section
   b) Perfect health for 5 months                   → go to next section
   c) No preference; seems about the same to me     → go to next section

414 Set visual aid to 20 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 20 months or  → go to question 415
   b) Perfect health for 5 months                   → go to question 416
   c) No preference; seems about the same to me     → go to next section

415 Set visual aid to 17 for (SWITCH) and 5 for (PH)
   a) Switching to another medication for 17 months or  → go to next section
   b) Perfect health for 5 months                   → go to next section
   c) No preference; seems about the same to me     → go to next section

416 Set visual aid to 20 for (SWITCH) and 3 for (PH)
   a) Switching to another medication for 20 months or  → go to question 417
   b) Perfect health for 3 months                   → go to question 418
   c) No preference; seems about the same to me     → go to next section

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Pregnancy and Adherence to pRescription Medications in Inflammatory Bowel Disease (PARTuM-IBD)

417 Set visual aid to 20 for (SWITCH) and 4 for (PH)
   a) Switching to another medication for 20 months or   go to next section
   b) Perfect health for 4 months     go to next section
   c) No preference; seems about the same to me     go to next section

418 Set visual aid to 20 for (SWITCH) and 1 for (PH)
   a) Switching to another medication for 20 months or   go to question 419
   b) Perfect health for 1 month     go to question 420
   c) No preference; seems about the same to me     go to next section

419 Set visual aid to 20 for (SWITCH) and 2 for (PH)
   a) Switching to another medication for 20 months or   go to next section
   b) Perfect health for 2 months     go to next section
   c) No preference; seems about the same to me     go to next section

420 Set visual aid to 20 for (SWITCH) and insert death card in place of (PH)
   a) Switching to another medication for 20 months or   go to next section
   b) Immediate death     go to next section
   c) No preference; seems about the same to me     go to next section